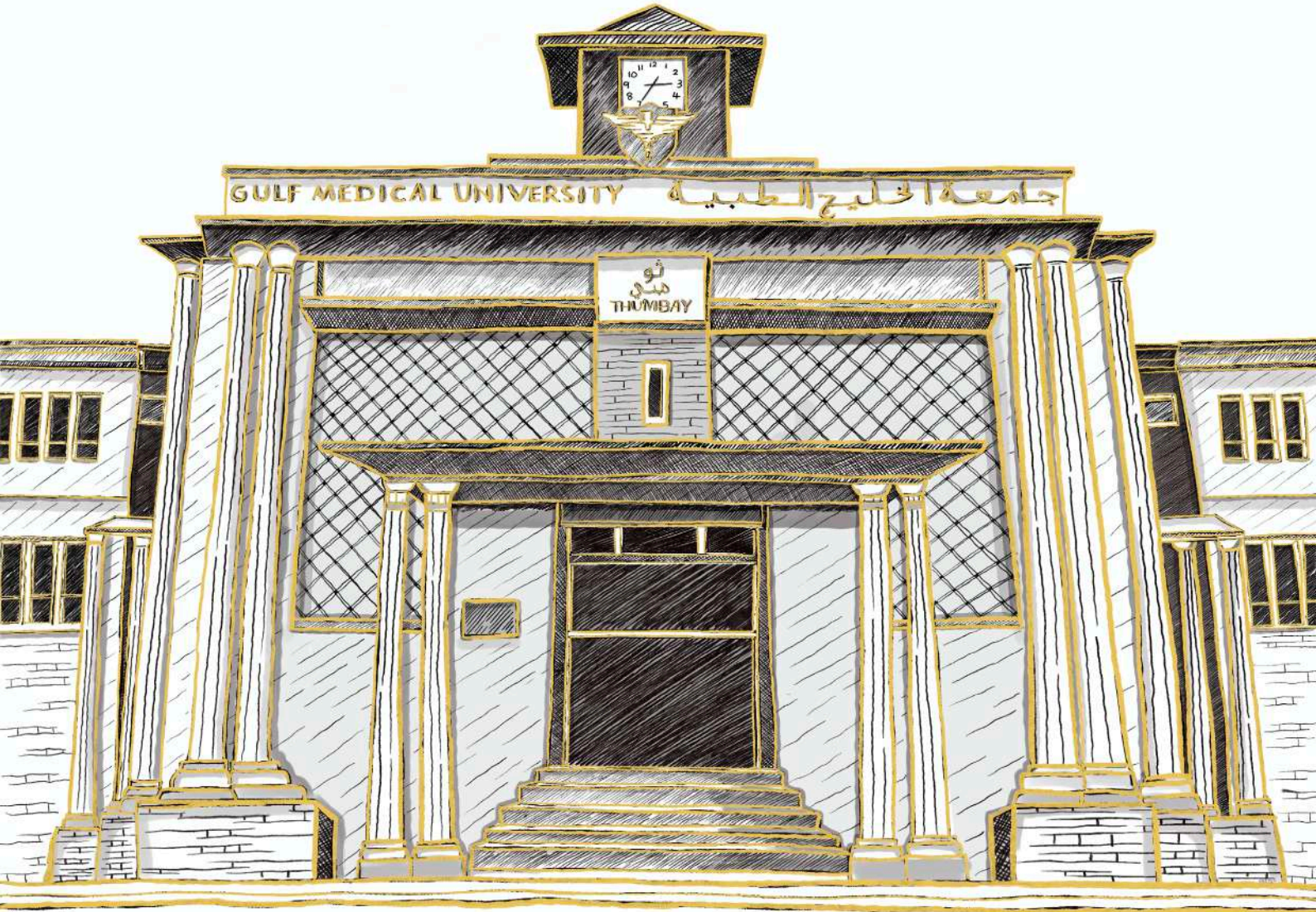




FROM CAMPUS TO GLOBAL



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Newsletter

August 2025



جامعة الخليج الطبية
GULF MEDICAL UNIVERSITY
ACADEMIC HEALTH CENTER



Dear Esteemed GMU Alumni,

Gulf Medical University continues to thrive as a hub of innovation, knowledge, and healthcare excellence. What makes GMU truly unique is its ability to evolve with the times while staying rooted in its mission to educate and empower future healthcare leaders. Year after year, our community grows stronger, more connected, and increasingly impactful.

Looking ahead to the new academic year, we are excited to announce two major events that reflect this momentum. The GMU Alumni Summit will take place on Sunday, November 23, 2025. This will be followed by the GMU Career Fair on Wednesday, February 11, 2026. These events are not simply calendar highlights. They are living reflections of our growth and commitment to shaping well-rounded, forward-thinking professionals. Through them, students, alumni, faculty, and healthcare leaders will come together to exchange ideas, and open doors to new opportunities. A major feature of the Alumni Summit will be the launch of the GMU 27 Icons Book. This special publication honors 27 remarkable alumni who have made meaningful contributions in their fields and beyond. We encourage all alumni with inspiring journeys to come forward and apply. This is a chance to become part of a legacy that showcases the impact of GMU graduates on a global scale.

None of this would be possible without the dedication of our GMU Alumni Board. We extend sincere thanks to Laiba Ali, Vaishnavi Mohan, Naail Mohammed Ghazi, and Heba Omar. Their contributions in healthcare, leadership, and mentorship exemplify the values that define our university.

We thank you all for your unwavering commitment to learning, growing, and giving back. Your passion, resilience, and dedication continue to elevate our community and inspire those around you. Together, we look forward to a year marked by progress, purpose, and pride, as we build on our shared legacy and embrace the opportunities ahead.

Sincerely,
Nousheen Salma
Secretary General
GMU Alumni Office

We welcome you to share your educational achievements, highlights, and success stories with us.
Please connect with us through email at: alumni@gmu.ac.ae

SILENCING PAIN: MASTERING PAIN MANAGEMENT FOR OPTIMAL PHYSICAL REHABILITATION



Idris Hafiz, BPT, MBA,
GC Pain PhD
Registered Physiotherapist
(Ontario)
Swanson & Associates
Physiotherapy Clinic, Canada

Idris Hafiz is an internationally trained clinical physiotherapist and pain management specialist with a career spanning Canada, the UAE, and beyond. A graduate of Gulf Medical University, he holds advanced credentials in orthopaedic rehabilitation, manual therapy, and pain science. Now, with the release of his groundbreaking book, *Silencing Pain: Mastering Pain Management for Optimal Physical Rehabilitation*, Idris brings his expertise to a global audience.

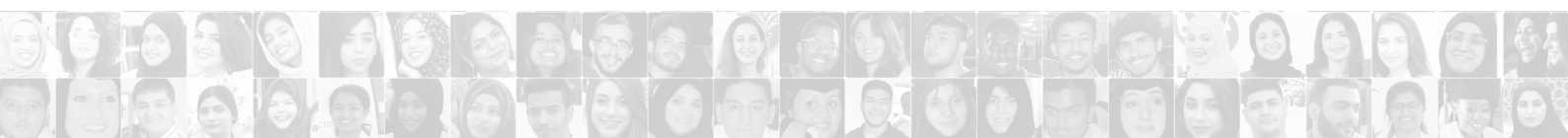
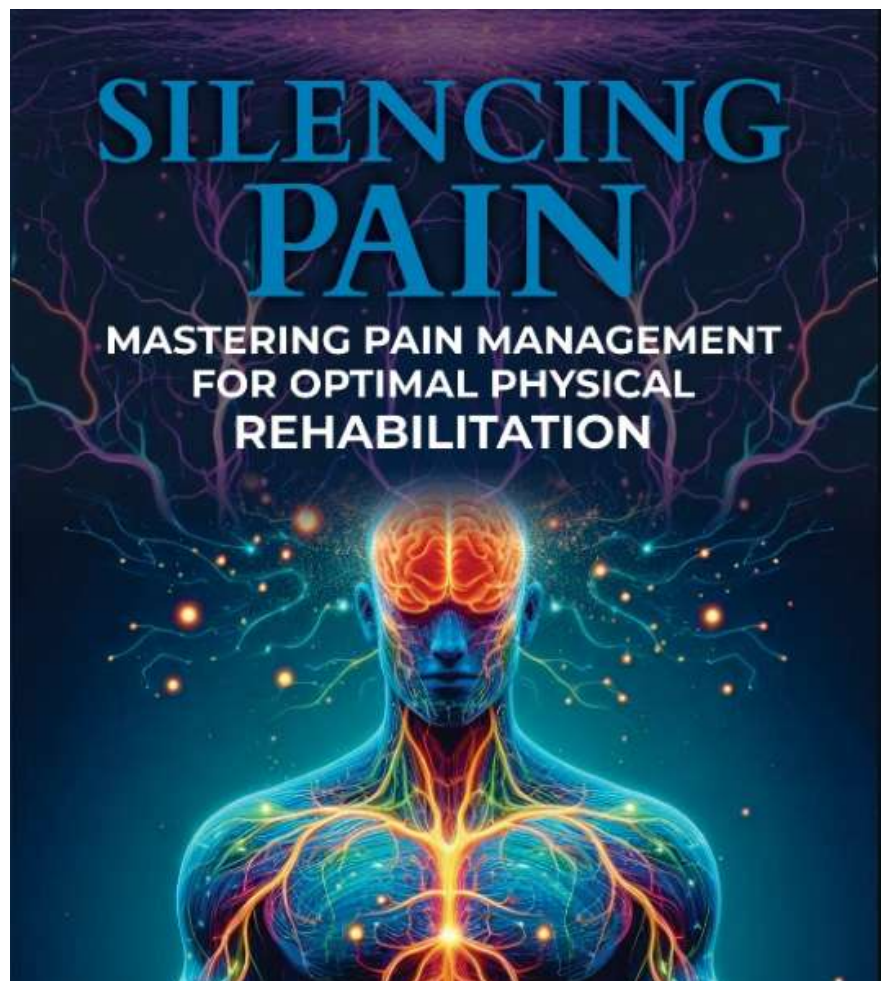
Silencing Pain is more than a clinical guide; it is a compassionate, practical resource for both patients and healthcare professionals. Drawing from years of hands-on experience and in-depth research,

the book offers cutting-edge pain management strategies rooted in both medical science and holistic rehabilitation principles.

Inside, readers will find real-life stories of individuals who have successfully managed chronic pain. The book explores the deep connection between the body and mind, shedding light on the emotional toll of persistent pain and offering practical strategies to navigate it. A key feature is the *Pain Solutions Workbook*, a hands-on section filled with exercises, reflections, and techniques designed to help readers actively

apply what they've learned to their own recovery journey.

Already featured in over 450 media outlets, including *The Globe and Mail*, *Silencing Pain* is available on multiple platforms such as Amazon, Barnes & Noble, Indigo, Google Books, Draft2Digital, and IngramSpark. Whether you are a patient seeking answers, a caregiver looking for guidance, or a clinician aiming to support your clients more effectively, *Silencing Pain* delivers the insight, structure, and encouragement needed to take meaningful steps toward healing.





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THUMBAY INTERNATIONAL RESEARCH GRANT 2025/26

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Call for Proposals - Second Cycle, Now Open!

The Thumbay International Research Grant, an initiative of the Thumbay Group, is proud to announce the **Second Cycle of Research Funding** for pioneering projects that push the boundaries of medical, clinical, and interdisciplinary research.


What We're Looking For?

- Innovative, evidence-based research ideas
- Interdisciplinary collaborations
- Projects with measurable impact on patient care, education, or technology

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PROFILES IN IMPACT: HIGHLIGHTING FOUR BOARD MEMBERS OF GMU



Ms. Laiba Ali

Laiba Ali is a UAE Golden visa holder and a recent graduate with honors in Bachelor of Science in Healthcare Management and Economics, achieving a remarkable cumulative GPA of 3.97 from Gulf

Medical University. Currently, she works as a healthcare research analyst at IPSOS, where she conducts comprehensive market research projects in the pharmaceutical and medical device sectors across the globe.

Previously, Laiba served as a strategy analyst intern at Knight Frank, while her hands-on experience as a hospital administrator at Thumbay University Hospital equipped her with strong operational insights and expertise in patient affairs and medical tourism.

Laiba's educational background is complemented by various certifications, including advanced studies in health systems resili-

ence and clinical research. As she prepares to further her education with a Master's in Health Data Science at the University of Birmingham, her commitment to excellence in healthcare management and innovation remains evident through her research and active participation in workshops and exhibitions.



Dr. Vaishnavi Mohan

Vaishnavi Mohan is a licensed dentist with over three years of clinical experience in diverse dental procedures and patient care. She has gained expertise in operative dentistry, endodontics utiliz-

ing both hand and rotary systems, and prosthodontics, including crown and bridge preparations. Recognized for her competence in minor oral surgeries and patient-centric care, she excels in making accurate diagnoses, performing complex extractions, and offering a comprehensive range of dental services.

Vaishnavi is dedicated to continuous professional development and committed to creating a comfortable environment for her patients. Her exceptional interpersonal skills help alleviate patient apprehensions, while her meticulous attention to detail contributes to

the success of her dental team. Currently, she serves as a Clinical Instructor at Thumbay Dental Hospital, where she applies her extensive knowledge to train others and maintain high standards of patient care. Educated with a Bachelor of Dental Surgery from Gulf Medical University, she is proficient in multiple languages, enhancing her ability to connect with patients from diverse backgrounds.

PROFILES IN IMPACT: HIGHLIGHTING FOUR BOARD MEMBERS OF GMU



Dr. Naail M Ghazi

Naail Mohammed Ghazi is a recent medical graduate from Gulf Medical University in Ajman, UAE, where he completed his MBBS. He is currently undertaking a comprehensive one-year medical and surgical internship at

King's College Hospital London in Dubai, as part of the Dubai Health Authority's Unified Internship Program. His clinical training has included core rotations in internal medicine, general surgery, pediatrics, family medicine, psychiatry, obstetrics and gynecology, emergency medicine, and intensive care, alongside focused electives in anesthesiology and clinical pathology.

Naail has completed electives at premier institutions including American Hospital Dubai and Thumbay Labs, gaining hands-on experience in histopathology, cytopathology, intraoperative frozen sections, and FNA procedures. His academic work has been present-

ed at national and international conferences, including the American Society of Cytopathology and the Royal College of Obstetricians and Gynaecologists.

Beyond clinical work, Naail is actively engaged in medical education and mentorship, having led seminars, workshops, and bedside teaching sessions. He is a member of the College of American Pathologists (CAP), the American Society for Clinical Pathology (ASCP), and the Digital Pathology Association (DPA).



Ms. Heba Omar

Heba Omar is a seasoned healthcare professional with a solid nursing background and over a decade of experience in patient care, healthcare operations, and program management. She holds a

Bachelor's Degree in Nursing and has worked across diverse clinical and managerial roles in the UAE.

As Program and Operations Manager at Manzil Health Services, Heba leads Patient Support Programs (PSPs), overseeing strategic planning, resource allocation, quality assurance, and research integration to enhance patient outcomes. Her earlier roles include Clinic Manager and Charge Nurse at Tabeeby Medical Center, where she managed daily operations and team performance, and Care Coach at Bayti HHC, offering personalized patient guidance and contributing to research-driven care strategies.

Heba also played a key role during the COVID-19 pandemic, leading mobile vaccination teams for the Ministry of Health in Dubai and providing emergency care in high-pressure environments.

In addition to her clinical expertise, Heba has worked as a freelance consultant in healthcare business strategy, academic research, and workforce development.

GULF MEDICAL UNIVERSITY'S SUCCESSFUL DUBAI OPEN DAY



Gulf Medical University (GMU) celebrated a remarkable achievement with its highly successful Open Day event, held on June 14, 2025, at the prestigious Grand Hyatt Dubai.

The event proved to be a magnet for a diverse and enthusiastic audience, drawing a significant turnout of prospective students, their supportive parents, and seasoned healthcare professionals.

The Open Day was meticulously designed to offer attendees invaluable insights into the breadth and depth of GMU's diverse academic offerings. Programs highlighted included core disciplines like Medicine, Dentistry, Pharmacy, and Nursing, alongside specialized fields such as Health Sciences, and the cutting-edge, future-

focused Artificial Intelligence in Healthcare program. Through a series of dynamic interactive sessions and engaging program showcases, guests were provided with unique opportunities to connect directly with GMU's distinguished faculty members, knowledgeable admissions counselors, and current students.

The feedback from attendees was overwhelmingly positive, with widespread praise for the event's meticulous organization, highly informative presentations, and genuinely welcoming atmosphere. A standout feature, particularly appreciated by many, was the provision of one-on-one consultations. These personalized sessions proved incredibly effective in clarifying intricate admission requirements, exploring various scholarship opportunities, and outlining

clear academic pathways for both undergraduate and postgraduate studies, helping individuals chart their educational journey with confidence.

Beyond showcasing academic programs, the Open Day served as a powerful platform to underscore GMU's long-standing and distinguished reputation for academic excellence and unparalleled leadership within healthcare education. Attendees were given comprehensive insights into the university's state-of-the-art facilities, which are equipped with the latest technology to foster learning and innovation. They also learned about GMU's robust, research-driven environment, which encourages pioneering discoveries and critical thinking.

GROUNDBREAKING RESEARCH: UNVEILING KNEE OSTEOARTHRITIS PREVALENCE IN THE UAE



Shabina Qureshi
(MPT 2021)

We are thrilled to announce that Shabina Qureshi (MPT 2021, Gulf Medical University) has achieved a significant academic milestone, with her research being published in the esteemed Middle East Journal of Rehabilitation and Health Studies. Her impactful scoping review, titled 'Prevalence of Knee Osteoarthritis in the UAE: A Scoping Review,' sheds crucial light on a prevalent health concern within the UAE. This publication not only underscores GMU's commitment to academic excellence but also highlights the tangible real-world impact of its graduates' contributions to healthcare knowledge.

Understanding the Scope of Knee Osteoarthritis in the UAE

Osteoarthritis (OA), particularly affecting the knee, presents a substantial global healthcare burden. Recognizing this, Shabina's research embarked on synthesizing existing literature

to accurately determine the prevalence of knee OA in the UAE. The study meticulously searched electronic databases like Ebscohost-Medline, Embase, Scopus, and others, meticulously sifting through over 25,000 potential records.

A critical finding from Ms. Qureshi's review is the strong association between age and Body Mass Index (BMI) as key risk factors contributing to the rising incidence of knee OA in the UAE. This aligns with global understanding, where age-related changes in joint tissues and the mechanical stress from increased BMI are recognized drivers of the condition. The study also highlighted concerns regarding the methodological rigor of the identified research, suggesting variations due to geographical location, sample recruitment, and case definitions. These inconsistencies underscore the need for more robust and standardized methodologies in future research to ensure accurate and comparable prevalence estimates.

Implications for Healthcare and Future Research

This comprehensive scoping review, conducted under stringent guidelines, represents a vital step towards understanding knee OA in the UAE. By identifying the current landscape and highlighting gaps in existing research, her publication serves as a foundational resource for healthcare professionals, policymakers, and researchers. It strongly advocates for future studies to employ more rigorous methodologies to provide precise

prevalence assessments, ultimately enabling the development of more effective strategies to alleviate the burden of knee OA in the UAE. We congratulate Ms. Shabina Qureshi on this outstanding achievement, which truly reflects GMU's dedication to fostering research that makes a difference.



GMU ACADEMIC & EVENT CALENDAR (2025-2026)

25 August 2025	Orientation for New Students
24 September 2025	White Coat Ceremony Day 1
25 September 2025	White Coat Ceremony Day 2
22-23 October 2025	MASE Medical & Science Exhibition
20 November 2025	Convocation (Tentative)
23 November 2025	Alumni Summit
29 December 2025 - 09 January 2026	Fall Semester Break (For New & Returning Students)
06 February 2026	Annual Sports Day
11 February 2026	Career Fair & Industry Partners Meet
13 February 2026	Global Day
18 February 2026	Ramadan Begins
16-27 March 2026	EID Holidays
9 April 2026	GMU Research Day

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